



FOREVERWELL

APRIL 2025 SAINT PAUL MIDWAY YMCA

IN THIS ISSUE

EXISTING FOREVERWELL PROGRAMS

Coffee and Conversation

Thursdays from 11-12:30
(Kitchen/Community Room)

Bridge Group

Wednesdays from
12-2 pm (Kitchen)

Pickleball

Sunday through Friday from 8
am to 12 pm (Gym)

(Tuesdays are beginner day, all
are welcome to help)

FOREVERWELL BINGO

EVERY OTHER WEDNESDAY
WEDNESDAY, APRIL 2ND AND
WEDNESDAY, APRIL 30TH FROM
11:15 AM TO 12:15 PM.
NO BINGO ON APRIL 16TH

CRAFT DAY WITH LAURA

**Friday, April 11th at 11:30
am in the Community Room.**

We will be making a snowflake
craft. If you're able to, bring
toilet paper rolls or paper
towel rolls for this craft.

APRIL: GIVE BACK TO THE COMMUNITY

FOREVERWELL AT THE YMCA BRINGS YOU OPPORTUNITIES TO ENRICH ALL DIMENSIONS OF YOUR WELLBEING! LOTS OF FUN PROGRAMS, CLASSES, AND EVENTS PLANNED FOR APRIL.

Thank you for being a part of the YMCA ForeverWell Community.

YMCA Day of Giving is Wednesday, April 9th.

To continue to offer all of the great programs and add even more programs, we ask that people make an impact by contributing to the YMCA!

You can give now at ymcanorth.org/ydayofgiving - you can select the Midway YMCA Annual Fund to donate specifically to the Midway branch.

We will also have a table set up on Wednesday, April 9th to give people an opportunity to share what they love about the YMCA and to give back! The YMCA appreciates your support.

Thank you!

Have a happy and healthy April!

BRANCH HOURS

Monday-Friday: 5am-9pm
Saturday: 7am-5pm
Sunday: 7am-5 pm

Customer Service:
(612) 230-9622

MIDWAY YMCA

1761 UNIVERSITY AVE W
SAINT PAUL MN, 55104
FOREVERWELL @ MIDWAY
HAYLEY, FOREVERWELL COORDINATOR
HAYLEY.KILBRIDE@YMCANORTH.ORG
651.259.9623

BALANCE ASSESSMENTS

WEDNESDAY, APRIL 16TH FROM 1-2 PM

THURSDAY, APRIL 17TH FROM 11:30 AM-12:30 PM

STUDIO FLEX B/C

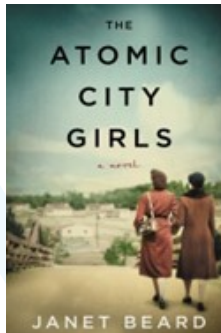
10 stations to assess your balance in about 15 minutes. Balance is an extremely important part of your wellbeing and we want to help give you some tools to work on your balance. If neither of the times above work for your schedule, please reach out to Hayley at hayley.kilbride@ymcanorth.org to schedule a balance assessment by appointment. Thank you!

MIDWAY Y BOOK CLUB

THE THIRD THURSDAY OF EACH MONTH AT
10 AM IN THE KITCHEN.

THURSDAY, APRIL 17TH.

This month's book is "The Atomic City Girls" by Janet Beard.



BIRTHDAYS OF THE MONTH

TUESDAY, APRIL 29TH AT 11:15 AM

Have you celebrated a birthday this month? Join us for coffee, singing, and more in the Community Room on the last Tuesday of each

RED CROSS BLOOD DRIVE

FRIDAY, MAY 2ND IN THE KITCHEN/COMMUNITY ROOM
FROM 9 AM TO 3 PM

You can sign up online at redcrossblood.org and click on Midway YMCA to see available times.

AARP PRESENTATION: THE 6 PILLARS OF BRAIN HEALTH

WEDNESDAY, APRIL 9TH AT 11:30 AM IN THE KITCHEN

It's never too late to focus on your brain health. In this interactive session, we'll explore the six pillars of brain health, activities that support brain health, and, hopefully, be inspired by others. This session is a good overview for anyone interested in learning more about brain health and will share information on the latest research on brain health, lifestyle suggestions, and resources to learn more.

RSVP not required, but reach out to hayley.kilbride@ymcanorth.org with any questions.

FOREVERWELL ORIENTATION

ForeverWell includes programs, classes and events for adults ages 55 and older. Interested in learning more? **ForeverWell Orientations are most Mondays at 12:30 pm. Orientations in April are April 7th, 14th, and 21st. No orientation on April 28th.** Meet in the lobby.

FITNESS ASSESSMENTS

A 60-minute complimentary fitness assessment with a personal trainer is included in your membership. If you are interested, contact Hayley or sign up at the front desk.

EGYM

Interested in doing more strength training but don't know where to start? E gym is a great place to start. E gym is an 11-machine strength training circuit personalized to you. Contact the front desk to sign up for an e gym orientation.

NUTRITION AND HEALTH COACHING

The YMCA offers complimentary 30-minute assessments with a health coach and a dietician. Sign up online or at the front desk to learn more.



FOREVERWELL PROGRAMS, CONTINUED

PRESENTATION: "MIND YOUR MOUTH" A PRACTICAL GUIDE TO PREVENTING ALZHEIMER'S

TUESDAY, APRIL 22ND AT 9:30 AM

AND

WEDNESDAY, APRIL 23RD AT 11:30 AM

Back by popular demand!

Presented by Anna at the Curing Alzheimer's Disease Foundation.

This month's topic will be Mind Your Mouth Part 3, focusing on topics such as fluoride, dental restoration, and gum disease.

Learn more about the mouth-brain connection in this informational session. Any questions? Feel free to reach out to info@curingalzheimersdisease.com.

DECLUTTERING WORKSHOP SAVE THE DATE

MAY 2ND AT 11:30 AM

STUDIO FLEX B/C

Join Mary, fellow ForeverWell member, to learn and collaborate on new ideas around decluttering. Optional idea: Bring before and after photos and success stories of decluttering.

DEFENSIVE DRIVING COURSE ON APRIL 12TH WITH RENEE

SATURDAY, APRIL 12TH FROM 10:30 AM TO 2:30 PM

Renee is back - for those of you that want to sign up please contact Hayley at 651.259.9623 or

hayley.kilbride@ymcanorth.org. Limit 25 participants.

\$20 cash or check for the class - you can pay the day of the class.

ORIGAMI DAY

FRIDAY, APRIL 25TH AT
11:30 AM IN THE
COMMUNITY ROOM

Join Rewa to learn some origami on Friday, April 25th at 11:30 am in the Community Room. It will be a great way to learn something new while using mindfulness techniques and making connections.

TECHNOLOGY HELP/NEW YMCA APP HELP

TUESDAY, MARCH 15TH
FROM 9 AM TO 10 AM

Bring any technology questions that you have, whether it is your smart phone, Virtual YMCA, or the new YMCA, we're here to help. Drop in anytime between 9 and 10 am to get your questions answered.



ForeverWell Group Exercise Classes to Check Out:

(Full Class Listing Online or Posted on Studio Doors)

Mondays:

Water Exercise – 6:45 am with Dori (Pool)
ForeverWell Cardio – 8:30 am with Brenda (Studio A)
Deep Water Exercise – 9 am with Dori (Pool)
Tai Chi for Practice – 10 am with John (Studio B)
SilverSneakers Classic – 10:15 am with Heidi (Flex B/C)
Yoga – 10:45 am with Sandra (Studio A)
Line Dancing – 11:15 am with Hayley (Flex B/C)
Silver Sneakers Yoga – 12:15 pm with Sandra (Flex B/C)

Studio A: Downstairs

Flex B/C: Upstairs

Studio B: Downstairs

Tuedays:

Gentle Yoga – 8:15 am with Laura (Studio A)
Water in Motion – 9:30 am with Lacy (Pool)
SilverSneakers Yoga – 10:15 am with Heidi (Flex B/C)
Flow – 10:45 am with Alexa (Studio A)

Wednesdays:

Water Exercise – 6:45 am with Dori (Pool)
ForeverWell Cardio Dance – 8:30 am with Hayley (Studio A)
Mat Pilates – 9 am with Abby (Flex B/C)
SilverSneakers Classic – 10:15 am with Brenda (Flex B/C)
Yoga – 10:45 am with Sandra (Studio A)
Aqua Zumba – 7:00 pm with Geoffrey (Pool)

Thursdays:

Deep Water Exercise – 9:00 am with Dori (Pool)
SilverSneakers Yoga – 10:15 am with Heidi (Flex B/C)
Gentle Yoga – 11:30 with Barbara (Studio A)

Fridays:

ForeverWell Cardio – 8:30 am with Catherine (Studio A)
Mat Pilates – 9:00 am with Bon (Flex B/C)
SilverSneakers Classic – 10:15 am with Hayley (Flex B/C)
Yoga – 10:50 am with Dan (Studio A)

Saturdays:

ForeverWell Strength – 11:45 with Catherine (Flex B/C)

Sundays:

Yoga – 3:00 pm with Mike

ST. PAUL MIDWAY YMCA FOREVERWELL CALENDAR – APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pickleball 8-12 (Gym)	2 Pickleball 8-12 (Gym) Bingo 11:15-12:15 (Community Room) Bridge Group 12-2 pm (Kitchen)	3 Pickleball 8-12 (Gym) 11-12:30 pm – Coffee & Conversation (Kitchen/Community Room) Mahjong 1-3 (Kitchen)	4 Pickleball 8-12 (Gym)
7 Pickleball 8-12 (Gym) ForeverWell Orientation 12:30 pm (Meet in the Lobby)	8 Pickleball 8-12 (Gym)	9 Pickleball 8-12 (Gym) AARP Brain Health Presentation 11:30 am (Community Room) Bridge Group 12-2 pm (Kitchen)	10 Pickleball 8-12 (Gym) 11-12:30 pm – Coffee & Conversation (Kitchen/Community Room) Mahjong 1-3 (Kitchen)	11 Pickleball 8-12 (Gym) Craft Day with Laura 11:30 am (Community Room)
14 Pickleball 8-12 (Gym) ForeverWell Orientation 12:30 pm (Meet in the Lobby)	15 Pickleball 8-12 (Gym) Technology Help 9 am to 10 am (Community Room)	16 Pickleball 8-12 (Gym) No Bingo Today Bridge Group 12-2 pm (Kitchen)	17 Pickleball 8-12 (Gym) Book Club 10 am (Kitchen) 11-12:30 pm Coffee & Conversation (Community Room) Mahjong 1-3 (Kitchen)	18 Pickleball 8-12 (Gym)
21 Pickleball 8-12 (Gym) ForeverWell Orientation 12:30 pm (Meet in the Lobby)	22 Pickleball 8-12 (Gym) Alzheimer's Prevention Presentation 9:30 am (Kitchen)	23 Pickleball 8-12 (Gym) Alzheimer's Prevention Presentation 11:30 am (Kitchen) Bridge Group 12-2 pm (Kitchen)	24 Pickleball 8-12 (Gym) 11-12:30 pm - Coffee & Convo (Community Room) Mahjong 1-3 pm (Kitchen)	25 Pickleball 8-12 (Gym) Origami Day with Rewa 11:30 am (Community Room)
28 Pickleball 8-12 (Gym) No ForeverWell Orientation today	29 Pickleball 8-12 (Gym) Birthdays of the Month Celebration 11:15 am (Community Room)	30 Pickleball 8-12 (Gym) Bingo 11:15-12:15 (Community Room) Bridge Group 12-2 pm (Kitchen)	MAY 1 Pickleball 8-12 (Gym) 11-12:30 pm – Coffee & Conversation (Kitchen) Mahjong 1-3 pm (Kitchen)	MAY 2 Pickleball 8-12 (Gym) Decluttering Workshop (Studio Flex B/C)